



Thank You for Completing the Fleet and Marine Corps Health Risk Assessment



You rated your health as **Excellent**. Personal perception about how healthy you are is usually quite accurate. Your Personal Health Risk Appraisal Report identified **5 risk categories** from the answers you provided that relate to overall health, which places you in a **HIGH** risk group. Numbers of risk factors have been shown to predict future health care use and health care costs. It is important for individuals to move toward the "low risk" category by reducing the number of behavioral risks, and for those already at low risk, to avoid increasing the number of risk factors over time.

High Risk	= 5 or more risk categories
Medium Risk	= 3-4 risk categories
Low Risk	= 0-2 risk categories

You reported 5 categories, which places you at **HIGH** risk.

The categories you scored "unhealthy" on included:

- Tobacco Use
- Stress Management
- Sexual Health
- Nutrition
- Dental Care

Body Mass Index— Normal Weight

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm

YOUR BODY MASS INDEX = 20.65.

Maintaining a healthy weight is a common problem for Many Americans. BMI is a reliable estimate of total body fat, which is related to the risk of disease and is calculated based on your height and weight. If you are athletic and have a muscular build, you may not be overweight and a higher BMI can still be considered as **HEALTHY**.

TOBACCO USE— None at all <http://www.nlm.nih.gov/medlineplus/smoking.html>

You are doing the single most important thing to stay healthy! Not smoking saves you money (over \$1000/year for one pack per day), helps you avoid many tobacco related diseases, and adds to your fitness level and attractiveness.

TOBACCO USE— Most days <http://www.nlm.nih.gov/medlineplus/smokelesstobacco.html>

Using smokeless tobacco is very dangerous. About 9% of Sailors and over 20% of Marines use smokeless tobacco. Smokeless tobacco may not cause lung cancer, but direct contact with at least 28 known cancer-causing agents leads to cancer of the mouth, throat, voice box, and esophagus. Your military dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup and can assist you in quitting.

ALCOHOL USE— 1-2 <http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Enjoy your beverages and drink responsibly. Moderate intake of alcohol has not been shown to be a risk factor for disease.

ALCOHOL USE— Once or twice per year

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger.